

What is claimed is;

1. A body temperature elevating agent which is comprised of medium chain fatty acid and/or glycerin fatty acid ester including the medium chain fatty acid as an active ingredient.

2. The body temperature elevating agent according to Claim 1, wherein a carbon number of fatty acid residues of the medium chain fatty acid and/or the glycerin fatty acid ester including the medium chain fatty is from 6 to 12.

3. The body temperature elevating agent according to Claim 1 or 2, wherein the fatty acid is comprised of one or two or more types selected from the group consisting of caproic acid, caprylic acid, capric acid, and lauric acid as an active ingredient(s).

4. A body temperature elevating agent which is comprised of medium chain fatty acid glycerin fatty acid triester as an active ingredient.

5. The body temperature elevating agent according to Claim 4, wherein a carbon number of fatty acid residues of the medium chain fatty acid and/or the glycerin fatty acid ester including the medium chain fatty is from 6 to 12.

6. The body temperature elevating agent according to Claim 4 or 5, wherein the fatty acid comprised of one or two or more types selected from the group consisting of caproic acid, caprylic acid, capric acid, and lauric acid an active ingredient(s).

7. The body temperature elevating agent according to

any one of Claims 1 to 6, wherein further containing one or two or more selected from the group consisting of a highly unsaturated fatty acid or a fatty acid ester including this, conjugated linoleic acid or a fatty acid ester including this, capsaicins, thiazolidine dione derivatives, genus *Cirsium* plants, black five grains, and pituitary adenylate cyclase activation peptides.

8. The body temperature elevating agent according to any one of Claims 1 to 7, wherein further containing one or two or more selected from the group consisting of vitamin B group, vitamin E, lecithin, minerals and herbs.

9. An agent for poor blood circulation, wherein containing (A) medium chain fatty acid and/or glycerin fatty acid ester including the medium chain fatty acid, and (B) one or two or more selected from the group consisting of a highly unsaturated fatty acid or a fatty acid ester including this, conjugated linoleic acid or a fatty acid ester including this, capsaicins, thiazolidine dione derivatives, genus *Cirsium* plants, black five grains, and pituitary adenylate cyclase activation peptides.

10. An agent for poor blood circulation, wherein containing (A) medium chain triacylglycerol, and (B) one or two or more selected from the group consisting of a highly unsaturated fatty acid or a fatty acid ester including this, conjugated linoleic acid or a fatty acid ester including this, capsaicins, thiazolidine dione derivatives, genus *Cirsium* plants, black five grains, and pituitary adenylate cyclase

activation peptides.

11. An agent for women wherein containing (A) medium chain fatty acid and/or glycerin fatty acid ester including the medium chain fatty acid, (B) one or two or more selected
5 from the group consisting of a highly unsaturated fatty acid or a fatty acid ester including this, conjugated linoleic acid or a fatty acid ester including this, capsaicins, thiazolidine dione derivatives, genus *Cirsium* plants, black five grains, and pituitary adenylate cyclase activation peptides, and (C)
10 one or two or more selected from the group consisting of γ -linolenic acid, dihome- γ -linolenic acid, calcium, magnesium, zinc, iron, vitamin B6, vitamin E, St. John's wort and extracts thereof, safflower and extracts thereof, saffron and extracts thereof, and lemon balm and extracts thereof.

15 12. An agent for women wherein containing (A) medium chain triacylglycerol, and (B) one or two or more selected from the group consisting of a highly unsaturated fatty acid or a fatty acid ester including this, conjugated linoleic acid or a fatty acid ester including this, capsaicins, thiazolidine
20 dione derivatives, genus *Cirsium* plants, black five grains, and pituitary adenylate cyclase activation peptides, and (C) one or two or more selected from the group consisting of γ -linolenic acid, dihome- γ -linolenic acid, calcium, magnesium, zinc, iron, vitamin B6, vitamin E, St. John's wort and extracts
25 thereof, safflower and extracts thereof, saffron and extracts thereof, and lemon balm and extracts thereof.

13. A fat and oil composition for body temperature

elevation, which is comprised of medium chain fatty acid and/or glycerin fatty acid ester including the medium chain fatty acid as an active ingredient.

14. A fat and oil composition for body temperature
5 elevation, which is comprised of medium chain fatty acid glycerin fatty acid triester as an active ingredient.

15. A food and drink for body temperature elevation which contains medium chain fatty acid and/or glycerin fatty acid ester including the medium chain fatty acid.

10 16. A food and drink for body temperature elevation which contains medium chain fatty acid glycerin fatty acid triester.

17. A body temperature elevating agent raw material wherein containing medium chain fatty acid and/or glycerin fatty acid ester including the medium chain fatty acid.

15 18. A body temperature elevating agent raw material wherein containing medium chain triacylglycerol.

19. A method for using medium chain fatty acid and/or glycerin fatty acid ester including the medium chain fatty acid as a body temperature elevating agent.

20 20. A method for using medium chain triacylglycerol as a body temperature elevating agent.

21. Use of medium chain fatty acid and/or glycerin fatty acid ester including the medium chain fatty acid for the production of a body temperature elevating agent.